






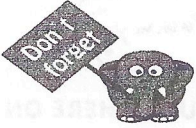



2018 JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  OFFICE CLOSED	2 9:00 Men's Coffee 9-11 SHINE* 12:00 Lunch* 12:30 Nails by Julie*	3 10am-noon Quilting 10:30 Wii games 11:00 Chair 12:00 Lunch*  Fruitcake Toss Day	4 9:00 Men's Coffee 9-11 Networking 10:00 Oil Painting 12:00 SPECIAL LUNCH* 12:30 Grocery Shopping*	5 9-12 PediRN*  9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
8 9:00 Church 10:00 Cribbage/Cards/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	9 9-10 BEST Breakfast 9-11 SHINE* 12:00 Lunch* 11:30-2:30pm PediRN* 	10 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*  National Take The Stairs Day	11 8:30 Wellness Check 9:00 Men's Coffee 12:00 Lunch* 10:00 ART 12:30 Grocery Shopping* 1-3 Adult Coloring	12 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
15  1929 1968 OFFICE CLOSED	16 9:00 Men's Coffee 9-11 SHINE* 9:30 Board Mtg. 12:00 Lunch*	17 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veterans Agent 12:00 Lunch*	18 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART 12:00 Lunch* 12:30 Grocery Shopping* 1:00 Veteran's Chat 1-3 Adult coloring	19 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes Birthday of Edgar Allen Poe (1809-1849)
22 21 9:00 Church 10:00 Cribbage/Cards/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	23 9:00 Men's Coffee 9-11 SHINE* 12:00 Lunch*  National Pie Day	24 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 1:00 Registry of Deeds Presentation*	25 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring 1:30 Intergenerational	26 9:00 Errands* 11a-1p Legal Help with Atty. Rawlins* 12:00 Lunch* 1:00 Office closes
29 9:00 Church 10:00 Cribbage/Cards/Computer 11-12 Tai Chi/Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	3 9:00 Men's Coffee 9-11 SHINE* 12:00 Lunch* Birthday of: Franklin D. Roosevelt (1882-1945)	31 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	 ALL EVENTS MARKED WITH * REQUIRE A RESERVATION! 293-7313	LINE DANCING EVERY TUESDAY: 3:00pm WEDNESDAY: 6:30pm @ All Season's Restaurant 



DO YOU NEED HELP PREPARING YOUR 2017 TAXES?

We will have help available for those who need assistance or counsel regarding tax preparation. This service is in 15 minute increments, beginning early February through mid April on **TUESDAYS** from 1:30-3:30pm. The cost is \$30.00 payable at the appointment time. Checks can be made to Joseph Benson. Mr. Benson has been helping prepare taxes on the south shore since 1999. Thank you, Joe!

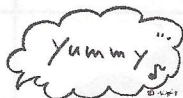
There will be NO printed menu for January's **MEALS ON WHEELS** provided in this newsletter. It will be distributed to those who receive a delivery of meals Monday—Friday. If you'd like a copy of the January meal plans, please come by our office to get a copy the first week of January.



GOOD TIPS FOR PREPARING FOR A DOCTOR'S APPOINTMENT:

- Ask questions about your condition. Ask how you can learn more about it, or if there are specific things you can do to ease your symptoms.
- Ask about your treatment. Are there others ways to get relief of a symptom or diagnosis? Be sure to find out which treatments are covered by your health insurance.
- Always follow up on test results.
- Talk to the doctor about all new medications, why you need to take it and how to take it.
- Ask, Ask, Ask questions if you don't understand something! Schedule a follow-up appointment (if necessary) before you leave the doctor's office.

This website has additional, excellent resources on this subject: www.ahrq.gov/qual/beprepared.htm
Agency for Healthcare Research and Quality



SPECIAL THURSDAY LUNCH HERE ON DECEMBER 14

Chicken Cordon Bleu, Baked Potato/sour cream, Peas & mushrooms, snowflake dinner roll, chocolate eclair

SPECIAL THURSDAY LUNCH HERE ON JANUARY 4th:

Chicken Breast with spinach & red pepper, white rice, parsley carrots, herbed garlic dinner roll, snowflake cookie

DID YOU KNOW?

When your 10-ride van pass is all used, write your name on the back, and enter it into a drawing for a **FREE lunch** at the COA! Once a month, we will draw a used bus pass for a winner! Give to Kerry, the Receptionist at the front desk.

You may want to pick up an "old fashioned" landline analogue (push button) phone for the winter, in case you cell phone loses power. You must be a *Verizon customer* to benefit from this offer.

WE'RE always needing substitute **Meals on Wheels drivers** for the winter months. It only takes an hour of your time on any given day, and we are happy to teach you the route(s). We need Kitchen help on Mondays from 10-11ish! CALL and talk to Maria if interested. We look forward to hearing from you!

SENIORS or those who are seriously ill have protection against **utility shut-offs**! In our state, adult members over 65 years are protected against having their gas or electric service being shut off. Between Nov. 15th and March 15th, your service cannot be cut off if you are unable to pay your utility bills and if the service is used to heat your house. This moratorium does not apply if service was shut off for non-payment before 11/15. CALL 617-727-8400 Attorney General Hotline.

GREAT HOLIDAY GIFT IDEAS FOR AGING LOVED ONES:



- ◆ Gather your siblings to chip in to pay for a large purchase your parents cannot afford, such as a television, household appliance, new tires or a Lifeline subscription.
- ◆ Surprise them with a visit to or from an out of town friend or family member. Make all the plans!
- ◆ Offer to pay their utilities for a month.
- ◆ A small apartment sized treadmill or stationary bike would help them keep active if going outdoors is an issue.
- ◆ Try to carve out a regular monthly "date night" for your parents by taking them out to a movie, restaurant, concert or play. To keep within budget, look for free or reduced matinee prices. Mark the calendar!
- ◆ Paying for a local dog walker during the bad weather months.
- ◆ Incorporate your parent in creating a scrapbook of old pictures or a cookbook of family recipes that can be passed on to children and grandchildren.
- ◆ A fire proof safe for important records and documents may be welcomed, and offering to put the papers in order for them offers peace of mind, which is priceless.